Bell
Ringing

The ultimate team activity

Become a bell ringer

What's Bell Ringing all about?

Bell ringing is a team activity that stimulates the brain and helps keep you fit... it also makes a glorious sound! Many consider ringing to be their contribution to church life, others do it for the pure pleasure it brings.

Ringers come from all walks of life and range in age from ten to those in their eighties.

"When I'm ringing I forget all the tensions and frustrations of the day. Even better, you couldn't wish for a nicer group of friends!"

How to find out more

▷ Visit a tower near you when you hear the bells

▷ Look for posters in church porches listing ringing activities

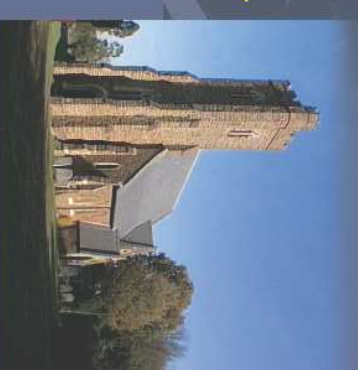▷ Visit www.bellringing.org

▷ eMail: learntoring@cccbr.org.uk

- A global group of friends
- Lifelong learning experience
- Maintain a traditional skill
- A service to the church
- Team activity
- A great mental workout
- Opportunity to visit amazing places

Come and see

Listen for the bells at a church near you, or visit www.cccbr.org.uk to find a tower in your area, then go along to see what bell ringing is all about.

"I learnt to ring over forty years ago and I still get the same buzz that I did when I first started."

Once you've got the bug, it's hard to give up:

The origins of change ringing lie in the sixteenth century when church bells began to be hung with a full wheel. This gave ringers control of their bell, which allowed sets of bells (rings) to be rung in a continuously changing pattern.

Music is created by moving bells up and down the ringing order to a defined sequence of changes known as a method.

Learning a few simple methods allows ringers to join in with other bands in towers around the world.

"One of the delights of change ringing is the endless opportunity to learn new things."
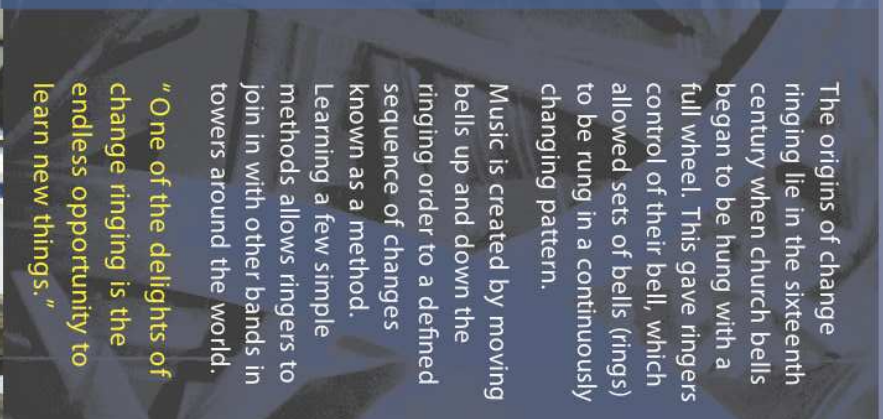
Ringing is well within the capabilities of most people. The initial teaching takes several weeks, after which a learner can begin to ring with the rest of the band. Most ringers practise once or twice a week and ring before or after church on Sunday.

"Being able to count is all the maths needed and you can become a very good ringer knowing nothing about music."